



MARCH

NEW(S) HORIZON

2017

A NEWSLETTER FROM THE WALPOLE COUNCIL ON AGING

We are proud to sponsor many events and programs addressing the health and well-being of Walpole seniors. Look inside for dates and times for the following programs:

HEALTH AND SAFETY

FLU CLINIC
FOOT CARE
NUTRITION
NURSE VISITS
MEDICARE PLANNING
SHELTER AT HOME
TRIAD
WALPOLE VNA NURSING

EXERCISE

CHAIR EXERCISE
CHAIR VOLLEY
WALKING CLUB
WII BOWLING
YOGA
ZUMBA

COMMUNITY OUTREACH

AARP TAX PROGRAM
FARMERS MARKET COUPONS
FUEL ASSISTANCE
HOME HEALTHCARE REFERRALS
HESSCO LUNCH
MEDICAL RIDES
NEWSLETTER
SENIOR TAX WORK OFF
SHINE
THE RIDE
WELL BEING CHECKS
VETERANS MEETINGS

SOCIAL ACTIVITIES

BINGO
BRIDGE
CREATIVE CORNER
KNITTING CLUB
MAH JONGG
POT LUCK MEAL
SENIOR SINGING GROUP
WALK-IN BREAKFAST
WRITING GROUP

TRIPS

DAY OF BEAUTY
STOP & SHOP
WALPOLE ERRAND DAY
REGIONAL DAY EXCURSIONS

WALPOLE COUNCIL ON AGING CENTER
135 SCHOOL STREET, WALPOLE, MA 02081

Hours: Monday, Wednesday, Thursday, Friday, 8:30AM – 4:30PM; Tuesday 8:30AM – 8:00PM
Telephone: 508-668-3330, Fax: 508-660-7363, Website: www.walpole-ma.gov

The mission of the Walpole Council on Aging is to promote social, recreational and educational activities and provide advocacy and assistance to Walpole Seniors and their families.



LETTER FROM THE DIRECTOR

I am looking forward to celebrating the renewal that spring brings both in nature and spirit with you all this month. For hearty New Englanders, Spring is our reward. If you had “getting organized” on your New Year’s resolution list, bring the spoils of your efforts to the Shredding Event sponsored by the Norfolk County Sheriff’s Department on March 30th. We are partnering with the MBTA at a resident’s suggestion for a week long Senior Charlie Card Event March 20 – 24th. Come complete the free application and receive an identification card in the mail for a discount on MBTA fares. Most exciting of all is New Pond Village’s kind sponsorship of a Spring Fling Dance featuring the D.B.’s Orchestra on March 31st! Come join us at Blackburn Hall at 2:00PM for music, dancing & refreshments. I look forward to seeing you soon at the Center!

Kerri McManama, Director Walpole Council on Aging

Seeking VOLUNTEERS to serve on the 2017 WCOA Walpole Day Planning Committee!

Walpole Day in May is an annual community event that allows the Walpole Council on Aging to promote greater awareness about our programs and resources. Our participation increases our visibility within the community and educates the public about who we are and the services we provide to Walpole seniors. We are seeking volunteers to help plan the following event areas:



- ⇒ Yard Sale
- ⇒ Parade Float
- ⇒ Marketing & Signage



Please contact Kerri McManama at (508) 668-3330 by March 15th if you are interested in volunteering. Our first planning meeting will be **Wednesday, March 22nd, 1:00PM at the COA.**

The WCOA no longer accepts donations or makes loans of durable medical equipment. We suggest residents seeking to either donate or locate equipment reach out to **ReQuipment** at **800-261-9841** or <http://dmerequipment.org/>.



The Board of Selectmen recently approved an increase from \$750 to \$1000 for the Senior Citizen Property Tax Work-Off Abatement Program. Participants must be 60+. Hours will be reimbursed at a wage rate of \$11.00/hr. Kerri McManama can provide more information.

Here It Comes!




Here it comes, get ready for it! Listen for it! You’re going to love it! You’ve been waiting for a long time. Your aching bones are warming up! **HERE IT COMES, READY OR NOT!** Come on! You know what I’m talking about! YES, Spring is in the air. It’s right around the corner. Feel the warm breezes starting to stir. Use your imagination; listen to the bulbs pushing up from under the frozen ground. Look above you at the buds poking their sleepy heads onto the shiny new branches. Forget about spring cleaning inside, get outside, and breathe in that clean, fresh air. Enjoy! Call your friends and go for a walk.

Love, Friendship, Peace. Carol

MARCH TRIPS & EVENTS

DATE	EVENT	DESCRIPTION	TIME & LOCATION (subject to change)
THURSDAY 3/2	Chickie Flynn's Lunch	\$2.50 gratuity per person. Registration required, preference to those who didn't attend February	Van leaves COA at 11:00AM
THURSDAY 3/2	Walk In Breakfast	Join us for a great home-cooked breakfast & wonderful company	8:00—10:00AM COA—\$3.00 per person
MONDAY 3/6	Roast Beef Luncheon	Join us for a delicious Roast Beef Luncheon and great company.	11:00AM—1:00PM COA — \$6.00 per person
TUESDAY 3/7	Memory Café	Fun and welcoming event for individuals with forgetfulness and their families	1:00—2:30 United Church
WEDNESDAY 3/8	Coffee Q & A	Attorney J. DiPietro answer your legal questions.	11:00AM—12:00PM COA
WEDNESDAY 3/8	Restaurant of the Month	We are traveling to Framingham for lunch at Jack's Abby Beer Hall & Kitchen	11:30AM Van leaves COA
THURSDAY 3/9	Walpole Walmart	Ride provided to and from Walmart. Registration required.	Van leaves COA at 9:30AM
WEDNESDAY 3/15	Day of Beauty	Manicures, facials, hair color & cuts. Lunch at Gerry's if open. Registration required.	8:30AM—2:00PM Van leaves COA at 8:30AM
WEDNESDAY 3/15	Birthday Party	Join us for the Monthly Birthday Party generously sponsored by Harrington House.	2:00PM COA
THURSDAY 3/16	Wheel of Fortune	Laurie Blake from Home Instead brings Wheel of Fortune to the Center	1:00PM COA
THURSDAY 3/16	HESSCO Supper	HESSCO sponsored supper and entertainment at Walpole High School. \$8.00 per person	4:00 — 6:00PM Walpole High School
FRIDAY 3/17	Walpole St. Patrick's Day Breakfast	Senator Timilty & the Walpole Firemen's LOCAL 2464 serve a St. Patrick's Day Breakfast	9:00 —10:30AM COA
MONDAY 3/20	IKEA Shopping and Lunch	Come to IKEA for marketplace shopping and lunch. Intensive walking. No large packages.	Van leaves COA at 11:00AM
MONDAY 3/20	Sunshine School Visits	Join us for an intergenerational BINGO	11:00AM —12:00PM COA
WEEK of 3/20—3/24	Senior Charlie Card Event	Complete the free application for a Senior Charlie Card Identification Card	8:30AM—3:00PM COA
WEDNESDAY 3/22	Walpole Day Planning Committee Meeting	Join us to make Walpole Day a success!	1:00PM COA
THURSDAY 3/23	Walpole Errand Day	The van will take you on errands around Walpole. Registration is required.	Times TBD based on number of people and destinations
THURSDAY 3/23	Boston Flower & Garden Show	New England's Largest Flower & Garden Show. Floral design and landscape gardens. \$17.00 p/p	10:00 - 3:00PM Van leaves COA at 9:00 AM
THURSDAY 3/23	COA Board Meeting	COA Board Monthly Meeting in Town Hall	1:30—2:30PM Room 112, Town Hall
FRIDAY 3/24	How to Have a Meaningful Visit	Bridges by EPOCH at Westwood discusses how to have a meaningful visit with a loved one	11:00AM COA
MONDAY 3/27	Plainridge Park Casino	Registration required.	Van leaves COA at 10:00AM
TUESDAY 3/28	Brown Bag/Vaccine Clinic	Learn more about your medications and stay for a vaccine clinic. Registration required for clinic.	1:00—3:00PM COA
WEDNESDAY 3/29	Creative Corner	Come make a Spring Wreath	1:00—2:00PM Limit 10. COA
THURSDAY 3/30	Shredding Event TRIAD	Safely dispose of your confidential documents that have outlived their usefulness. No limit.	10:30AM—1:30PM COA
FRIDAY 3/31	Spring Fling Dance	Dance the afternoon away with the D.B.'s Orchestra, sponsored by New Pond Village	2:00—4:00PM Blackburn Hall

MARCH 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 SIGN UP DAY 10:00AM Chair Exercise 12:30 PM Pokeno 2:30 PM Senior Singing	2 8:00-10:00AM Walk-in Breakfast, \$3.00 8:30AM Bird Park Walking 10:30AM Yoga 11:00AM Chickie Flynn 1:15PM Bridge/SCRABBLE	3 9:00AM Zumba 10:00AM Wii Bowling 10:00AM Seekers Writing Club Walpole Library 12:30PM BINGO 
13 10:00AM Chair Exercise 11:00AM Chair Volley 1:00PM Dominos 1:30PM Mah Jongg 	14 AM Stop & Shop 8:30AM Bird Park Walking 1:30PM NO YOGA 4:00PM A Musical Interlude	15 8:30AM Day of Beauty 10:00AM Chair Exercise 11:00AM TRIAD 12:30PM Pokeno 2:00PM Monthly Birthday Party 2:30 PM Senior Singing 	16 8:00-10:00AM Walk-in Breakfast, \$3.00 8:30AM Bird Park Walking 10:30AM Yoga 1:00PM Wheel of Fortune 1:15PM Bridge/SCRABBLE 4:00-6:00PM HESSCO Supper WHS	17 8:00—11:30AM St Patrick's Day Breakfast No ZUMBA or Wii 10:00AM Seekers Writing Club Walpole Library 12:30PM BINGO
27 10:00AM Chair Exercise 10:00AM Plainridge Trip 1:00PM Dominos 1:30PM Mah Jongg ** HESSCO meals (lunch) are provided daily at the center at 12:30PM for a donation of \$3.00. For reservations or cancellations, please call 781-784-4944 at least 24 hours in advance.	28 AM Stop & Shop 8:30AM Bird Park Walking 1:00PM Brown Bag Medication Program/Additional Vaccines Clinic 1:30PM Yoga 4:00PM A Musical Interlude	29 10:00AM Chair Exercise 11:00AM TRIAD 12:30PM Pokeno 1:00PM Creative Corner—Spring Wreath 2:30 PM Senior Singing 	30 8:00-10:00AM Walk-in Breakfast, \$3.00 8:30AM Bird Park Walking 10:30AM—1:30PM TRIAD Shredding Event 10:30AM Yoga 1:15PM Bridge/SCRABBLE	31 9:00AM Zumba 10:00AM Wii Bowling 12:30PM BINGO 2:00—4:00PM SPRING FLING 


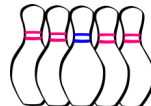


ALL PROGRAMS ARE 1 HOUR IN LENGTH UNLESS OTHERWISE NOTED.

Signing up for trips and events you would like to attend helps us plan, please sign up.

IN-PERSON and **PHONE** registration begins **Wednesday, March 1 at 8:30AM.**

*You must speak to a desk volunteer. Leaving a voicemail **does not** register you for programs.*

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 10:00AM Chair Exercise 11:00AM Roast Beef Luncheon—\$6.00 1:00PM Dominos 1:30PM Mah Jongg	7 AM Stop & Shop 8:30 AM Bird Park Walking 1:00-3:00PM Memory Café - United Church 1:30PM NO YOGA 4:00PM A Musical Interlude 	8 10:00AM Chair Exercise 10:00AM Knit/Crochet 11:00AM Coffee Q&A 11:30AM Restaurant of the Month—Jack's Abby 12:30PM Pokeno 2:30 PM Senior Singing	9 8:30AM Bird Park Walking 9:30AM WALMART 10:30AM NO YOGA 1:00PM Wheel of Fortune 1:15PM Bridge/SCRABBLE	10 9:00AM Zumba 10:00AM Wii Bowling 12:30PM BINGO 
20 10:00AM Chair Exercise 11:00AM IKEA Trip 11:00AM BINGO with Sunshine School 1:00PM Dominos 1:30PM Mah Jongg 	21 AM Stop & Shop 8:30AM Bird Park Walking 1:30PM Yoga 4:00PM A Musical Interlude	22 10:00AM Chair Exercise 10:00AM Knit/Crochet 11:00AM Chair Volley 12:30PM Pokeno 1:00PM Walpole Day Planning Committee 2:30 PM Senior Singing 	23 Walpole Errand Day 8:30AM Bird Park Walking 10:00AM Boston Flower and Garden Show Trip 10:30AM Yoga 1:15PM Bridge/SCRABBLE 1:30PM COA Board Mtg Room 112, Town Hall	24 9:00AM Zumba 10:00AM Wii Bowling 11:00AM Meaningful Visits with Bridges 12:30PM BINGO

Senior Charlie Card Registration Event, Walk-In, Monday—Friday 8:30AM –3:00PM, March 20—24

Powerwalking: Verb, to walk quickly for exercise especially while carrying or wearing weights Interested? Let us know!



Everyone's Irish
On March 17th.

Senator Timilty & Walpole Firemen's LOCAL 2464

St. Patrick's Day Breakfast

March 17, 2017

9:00—10:30AM

Walpole Council on Aging

Registration required, call 508-668-3330.



A NOTE FROM YOUR OUTREACH WORKER!

Hope all of you are staying warm and dry during these cold days of February.

We will continue with **Fuel Assistance** applications until May 1, 2017. If you have income of less than \$34,000 for a single person or \$44,463 for a couple, you may be eligible for the Fuel Assistance Program. Tax time is just around the corner. You may also be eligible for the **Circuit Breaker Program** on your real estate taxes. Please contact me at 508-660-7362 for more information.



Laurel St. Pierre, Outreach Worker

Office Hours: Monday - Thursday, 9:00AM- 3:00PM

Live.Life.Healthy

Leandra McLean RN, BSN, CEN, CCRN Public Health Nurse

March has come up on us so quickly and we have lots planned! There is a

new **"ASK A NURSE"** box, a request from residents as a way to ask medical questions when you don't see me. The box is secure and will be checked often. Please also use this box to voice concerns about others that may not speak up for themselves. Please check our new medical education board in the COA; also a resident request. On **Tuesday, March 28** we will be hosting a "Brown Bag" presentation at 1pm. A pharmacist will be here to speak about medications, expiration dates, trade name vs. generic, and medications that don't go together. There will be an opportunity to discard old, unused or expired medication in a safe manner- **PLEASE, BRING YOUR MEDICATIONS**. One to one assistance for questions or concerns about medications will be offered. Also on **March 28**, stay for an **Additional Vaccine Clinic**. There will be a short educational program (right after the medication safety program) on Prevnar vs. Pneumovax, Shingles and Pertussis. The paperwork to sign up for these immunizations will be available at the COA and **MUST** be done in advance. Please also consider joining us on **Friday, March 24th** for a session on Meaningful Visiting by Memory Care Expert, Alicia Seaver from Bridges of Westwood. This should be a great program to help those coping with friends/family living with memory loss. April and May will bring a Senior Men's Support group and a 3 part series on Alzheimer's & Dementia. Come join us! Be Well - Leandra



The Boston Flower & Garden Show will return to the Seaport World Trade Center with the theme **"Superheroes of the Garden"**. We will attend the show on **Thursday, March 23, 2017, 10:00AM – 3:00PM**, a van leaving the COA at 9:00AM. Senior tickets are \$17.00 per person.

Groups of 15+ receive a 20% discount. The Seaport World Trade Center is handicapped accessible, wheelchairs are available on loan in the main lobby. *Anticipate heavy walking.*



NEW(S)HORIZON

Walpole Council on Aging
Town Hall
135 School Street
Walpole, MA 02081

Telephone: (508) 668-3330
Fax: (508) 660-7363

Kerri McManama, Director COA
Laurel St. Pierre, Outreach
Christine Tetreault, Advocate
Jane Wulk, Van Driver
Carol Fellini, Van Driver
Jim Hinds, Van Driver

Dolores Efthim
Chairman COA Board

HESSCO Meal Site
(508) 668-3423

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in part, by a grant from the
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The Friends of Walpole Elders, Inc.*



*Friends of the Walpole
Elders, Inc.
P.O. Box 186
East Walpole, MA 02032*

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WALPOLE HEALTH DEPARTMENT AND COA

The Walpole Nurse will conduct
clinics for blood pressure checks,
screenings and provides health
information on the
**Every Monday at 9:30AM*,
Walpole Senior Center, Town
Hall.**

*Times subject to change

HELPFUL NUMBERS TO REMEMBER:

**NORFOLK COUNTY "ARE YOU OK?"
(866) 900-RUOK (7865)**

Receive a call daily to make sure you are up and OK!

HESSCO: (800) 462-5221

POLICE (Non-emergency) 668-1212

FIRE DEPARTMENT (Non-emergency) 668-0260

AUTOMATED CALL SYSTEM



Have you been receiving our **new** reminder calls? We are utilizing this system to send you automated messages about events and to make announcements. This is just one way we are striving to improve communication at the COA. If you haven't yet received an automated call, please let us know and update your contact information so that you won't miss an important update or announcement!